

## ABSTRACT

To provide a muscle strength increasing device for a pressure muscle training method that can easily be tied around a region to be compressed.

A muscle strength increasing device has a main belt 10 and a tie-down belt 20. A ring 11A and a loop-shaped belt 12A are fastened to the one end and the other end, respectively, of the main belt 10. The main belt 10 and the tie-down belt 20 are provided with two-dimensional fasteners 16, 21 for fastening. In order to tie the muscle strength increasing device around the region to be compressed, the region to be compressed is first passed through a loop of the main belt 10 that is formed by passing one end of the main belt 10 through the belt 12A. Then, the end of the tie-down belt 20 is passed through the ring 11A and turned right back. Thereafter, the tie-down belt 20 is pulled and the tie-down belt 20 is fastened to the main belt 10.